



**ROSENBERG COOLEY METCALF**  
THE ORTHOPEDIC CLINIC AT PARK CITY  
www.rcmclinic.com

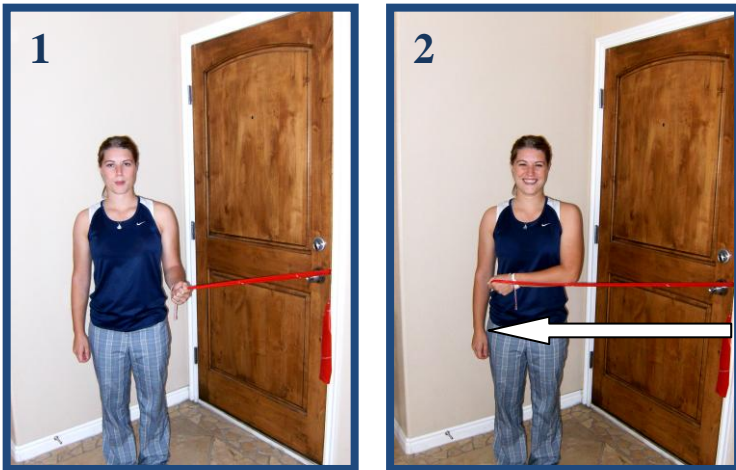
**Progression**  
Yellow Band = Easy  
Red Band = Medium  
Green Band = Hard

**Michael H. Metcalf, M.D. / M. Daniel Hatch, M.D.**  
**Shoulder Strengthening Program**

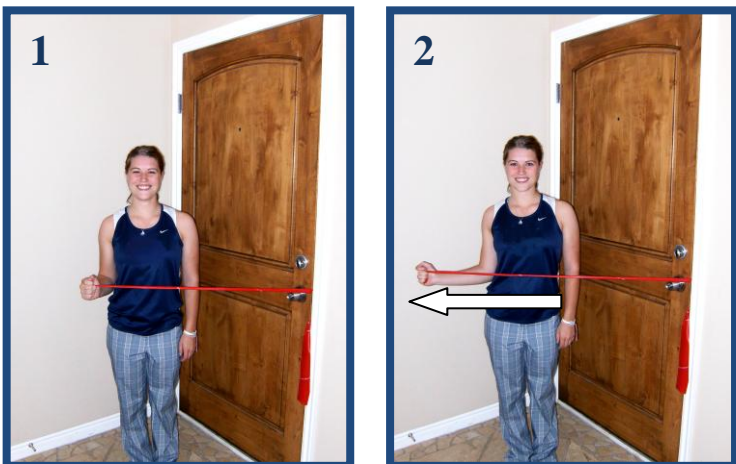
**Perform 2 sets of 20 repetitions**, band resistance is based on your strength and tolerance of the exercises. These exercises should only be performed **2-3 times per week**, allowing at least one day of rest in between.

- Tie the theraband to a stable object, or wrap the band around the outside door handle and close the door, make sure not to get the band caught in the latch.
- Resistance may be adjusted by sliding closer to or further from the door or by changing to a higher resistance band (see text box above)

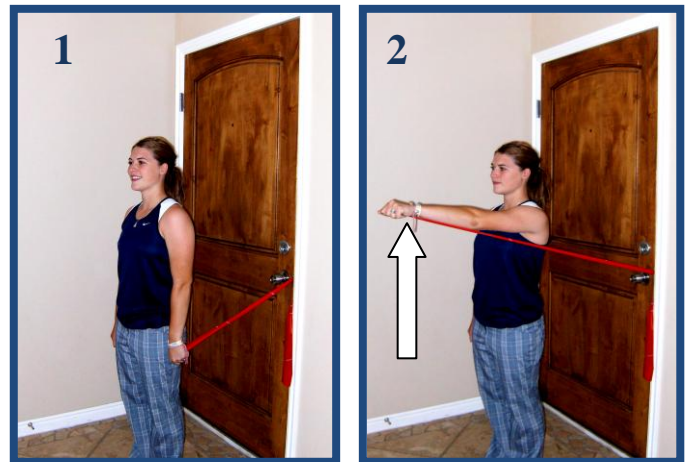
**Internal Rotation:** With your elbow at your side and bent 90 degrees, begin with your hand at your side. Stand far enough away from the door that the tubing is taut in this position. Rotate your hand towards your body, and then slowly return to the starting position.



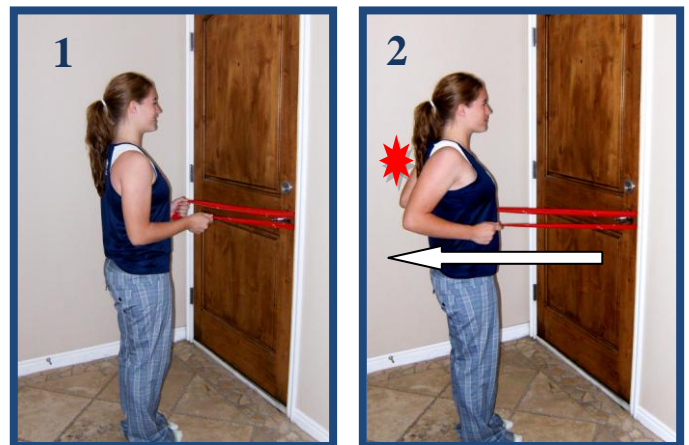
**External Rotation:** Opposite of internal rotation. Begin with your hand at your side and rotate your hand outwards. Slowly return to the starting position.



**Forward Elevation:** Begin with your arm at your side, keep your elbow straight and raise your arm forward. Return to the starting position.



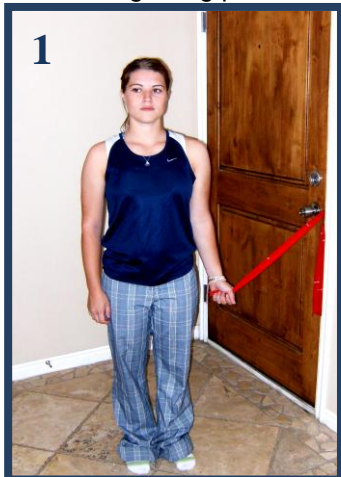
**Horizontal Row:** Holding both ends of the theraband in front of you, pull back as if you were rowing a boat, pinching your shoulder blades together throughout the movement. Slowly return to the starting position.



**Shrugs:** Begin with your arms at your sides. Then shrug your shoulders upwards, Start without weights and then gradually add 1-2 pounds at a time, as tolerated.



**Diagonals 1:** Begin with your arm out to your side. Then raise your arm up and across your body. Slowly return to the beginning position.



**Diagonals 2:** Begin with your hand at your opposite hip. Then raise your arm up and away from your body. Slowly return to the beginning position.

